

Senior Gala Dinner-Dance tickets on sale

BY BOB BALLEW
DCHD PIO

The theme for the 10th annual Senior Gala Dinner-Dance is “Those Were The Days.” Hosted by Davis County Health Department’s Senior Services on Wednesday, April 26, 6-9 p.m., the dinner, floorshow, and dancing to live Big Band music are again the festivities planned for a senior citizens “senior prom.”

Tickets can be purchased for \$7.50 by the April 14 deadline at the Autumn Glow Senior Activity Center (81 East Center Street, Kaysville), the Golden Years Senior Activity Center (726 South 100 East, Bountiful), and the North Davis Senior Activity Center (42 South State Street, Clearfield).

The “Best Dress” event is in the Davis High School Commons and cafeteria at 325 South Main in Kaysville. The school’s Jazz Band along with several talented student singers and dancers perform as the Moonlight Orchestra, Moonlight Singers, and Moonlight Dancers providing a

floorshow and dance music from the Big Band era.

“Senior supporters” are encouraged to escort or even dance with their favorite senior relative, friend, or neighbor. An optional silent auction area will be set up separately for any Gala attendees wishing to support the Davis High School Marching Band’s trip to perform during the 2017 Macy’s Thanksgiving Day Parade.

Making this event possible are volunteers and donations from local community partners including: Davis High School, Davis High School Jazz Band and student supporters, Davis Behavioral Health, and the Davis County Health Department staff.

COUPLES DANCE TO THE sounds of live Big Band music during last year’s Senior Gala Dinner-Dance. Tickets are now on sale for this year’s Gala on Wednesday, April 26. The deadline to buy tickets is April 14.

Photo by Bob Ballew, DCHD



PAT BROWN (R) TALKS ABOUT VOLUNTEER opportunities with Davis RSVP during a recent event at the Golden Years Senior Activity Center. Davis RSVP is one of the organizations providing an information booth during the center’s upcoming spring open house on Thursday, April 13, 10 a.m.-12:30 p.m.

Photo by Viki Bowman, RSVP

Golden Years Senior Activity Center hosts spring open house

The Golden Years Senior Activity Center invites community members to visit the center for an open house on Thursday, April 13, 10 a.m.-12:30 p.m. The center is located at 726 South 100 East, Bountiful.

Enjoy craft classes, card games, and live piano music. Local art also will be on display. If you enjoy exercising, try out a Zumba class. There will be free Chuck-a-Rama discount meal cards and free lunch

at the center if you are a “new-to-the-center” senior. Golden Years has invited local vendors and businesses. Natural Grocers, Village Inn, and Costco will have booths along with Orchard Cove Rehab Center, Legacy House, and Davis County RSVP.

See what Golden Years is all about and enjoy a few gifts, discount coupons, and treats. For more information, please contact the center at 801-451-3660.

Medicare 101 classes scheduled

Davis County Health Department’s Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Wednesday, April 12, 6:30-7:30 p.m. – Kaysville Library, 215 North Fairfield Rd, Kaysville
- Wednesday May 17,

6:30-7:30 p.m. – Clearfield Library, 562 South 1000 East, Clearfield

- Wednesday, May 24, 6:30-7:30 p.m. – Bountiful Library, 725 South Main Street, Bountiful

For more information about the Medicare 101 classes, contact Marie Jorgensen at 801-525-5086 or mjorgensen@daviscountyutah.gov.

Upcoming workshops for spring

Living Well with Diabetes Workshop
Living Well with Diabetes is a fun, interactive six week workshop to help people with type 2 diabetes better manage their health. Anyone with type 2 diabetes should attend the workshop. Family and friends of those with diabetes also are encouraged to attend. The next **Living Well with Diabetes Workshop** begins Wednesdays, April 12-May 17, 6-8 p.m., at Wade Fam-

ily Medicine (557 West 2600 South, Bountiful).

Living Well with Chronic Conditions Workshops and Tomando Control de su Salud
Living Well with Chronic Conditions is a workshop that educates and helps participants with arthritis, high cholesterol, hypertension, obesity, stroke, anxiety/depression, emphysema, and many other chronic conditions find balance and improve health. Participants make

weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. The **Living Well with Chronic Conditions Workshop** begins Tuesdays, May 16-June 20, 3-5 p.m. at the University of Utah Farmington Health Center (165 N University Ave, Farmington).

Tomando Control de su Salud is the Spanish version of the Living Well

with Chronic Conditions Workshop and offers the same information for those who speak Spanish. The **Tomando Control de su Salud** begins Tuesdays, April 11-May 16, 6-8 p.m., at the Davis Hospital Medical Plaza (1580 W Antelope Dr., Layton).

For more information about any of these workshops, call Morganne Housley at 801-525-5087.

Caregiver educational classes offered

Davis County Senior Services offers free classes for individuals who care for family members that are older and/or frail.

Classes are scheduled at two different locations twice a month throughout 2017. On Tuesdays, class-

es will be held at Fairfield Village (1201 N. Fairfield Rd. Layton), noon-1 p.m. On Thursdays, classes are at the Golden Years Senior Activity Center (726 S. 100 E. Bountiful), noon-1 p.m. A light lunch will be provided at the classes but attendees must RSVP

to Megan Forbush at 801-525-5088 by Monday at noon for that class week.

Special thanks to Fairfield Village of Layton and Golden Years Senior Activity Center for hosting the classes and to Premier Funeral Services for presenting.

Schedule:

- April 11 & 13: Healthy Eating and Reading Food Labels – Megan Forbush, Davis County Senior Services
- April 25 & 27: How to Deal with Grief – Shari Gillen, Premier Funeral Services

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				6 AG – Wire Wrapping 8:30 Tap Dancing 1:30 GY – Sit N Fit 8:30 ND – Movie 12 Card Games / Knit & Crochet 12:30	7 AG – Bingo 10:15 Ceramics 12 GY – Line Dancing 9:30 Movie 12:30 ND – Texas Hold 'em 12 Bingo 12:30	
9	10 AG – Crazy Quilters 10 GY – Yoga 10 Arthritis Class 12:30 ND – Brain Games w/ LeAnn 10:45	11 AG – Bring your senior questions for Melba w/ Senior Services 11 GY – Blood Pressure 10 ND – Blood Pressure 10:30	12 AG – Watercolor 9 Blood Pressure 10:30 GY – Council for the Blind w/ Lunch 11:30 ND – Card Making 10:30	13 AG – Tai Chi 9:30 ASL Support Group 2 GY – Open House 10-12:30 ND – Technology Lab 11 Movie 12	14 AG – Lightside Choir 11:15 GY – Water Color 9 ND – Texas Hold 'em 12 Bingo 12:30	15
16	17 AG – Lifetime Fit 9 DUP 12 GY – Jim Jensen on the Accordion 11:30 ND – Presentation Chancellor Gardens 11:30	18 AG – Reiki 10:30 Square Dancing 12:30 GY – Wood Carving 9 ND – Quilters 10 Bat Appreciation Day 11:30	19 AG – Lip Reading Class (week 1) 2-3:30 GY – Senior Social 11:15 ND – Rocky Mountain ice cream social 11:30	20 AG – Memory Magic 11:30 GY – Lapidary 8:30 Arthritis Class 12:30 ND – Card Games / Knit & Crochet 12:30	21 AG – **AARP Smart Driving GY – Stained Glass 9 ND – Crossword Puzzle 11:30 Texas Hold 'em 12 Bingo 12:30	22
23	24 AG – Lunch/ Trivia of the Day 11:30 GY – Bingo 12:30 ND – Health Tips w/ Gina 11:30	25 AG – Lapidary 8:30 Chair Tai Chi 10:30 GY – Square Dancers 7-8:30 p.m. ND – Blood Pressure 10:30	26 **Senior Gala 6-9 p.m. AG – Healthy Brain 11 GY – **Positive Aging 5-7p.m. ND – Breakfast for your Brain (in Spanish) 10	27 AG – Arts & Crafts 9 GY – Luana's Combo Band 10:30 ND – Shakespeare Quote Quiz 11:30	28 **AG, GY & ND April Birthday Party AG – Lapidary 8:30 GY – Tai Chi 9:30 ND – Texas Hold 'em 12	29
30	May 1 AG – Oil Painting 9 Bingo 10:15 GY – Oil Painting 1 ND – Texas Hold 'em 12 Bingo 12:30	May 2 AG – Art 9 Tai Chi 9:30 GY – Jewelry or Craft Class 12:30 ND – China Painting 9 Card Games 12	May 3 AG – Ceramics 12 Bingo 10:15 GY – Stained Glass 9 Bingo 12:30 ND – Art 9 Bingo 12:30	May 4 AG – Water Ex 9 Lifetime Fit 9 GY – Dancing Grannies 8:30 ND – Card Games 12:30 Knit & Crochet 12:30	May 5 AG – Arthritis Exercise 9 Internet 101 9:30 GY – Line Dancing 9:30 ND – Texas Hold 'em 12 Bingo 12:30	6

**** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)**

AG ~ Autumn Glow (801) 444-2290 81 East Center Street Kaysville, UT 84037	GY ~ Golden Years (801) 451-3660 726 South 100 East Bountiful, UT 84010	ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015
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Senior Scoop is published by the Davis Clipper in conjunction with the Davis County Health Department's Senior Services.

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